

## **LEICESTER ROWING CLUB CHANGING ROOM POLICY**

1. Leicester Rowing Club is committed to creating opportunities for juniors and adults at risk to participate in rowing, training and social activities at the club by maintaining a safe environment for all members. The participation of Adults at Risk may be as rowers, coaches, volunteers, officials, or spectators.
2. All juniors under the age of 18 years are regarded as a 'child' for the purposes of safeguarding.
3. An 'adult at risk' is defined as 'a person aged 18 years or over who is or may be, at risk of abuse by reason of mental or other disability, age or illness and who is or may be unable to take care of him or herself. These are sometimes referred to as 'vulnerable adults' as well.
4. All vulnerable groups and Adults at Risk have the right to equal protection from all types of harm or abuse and have the right to protection from abuse and exploitation.
5. Under the duty of care to safeguard children, Leicester Rowing Club has a responsibility for the wellbeing of juniors and adults at risk when using the changing rooms.
6. This does not mean that parents / responsible adults have no responsibility, but parents / responsible adults are not always in the club or by the water, at the time when their children are rowing or training, to exercise their duty of care. For this reason, LRC must be clear to all members regarding the use of the changing rooms.
7. All members are entitled to the safe use of the mens, womens and accessible changing room facilities.

### **Responsibility during a club session**

8. While a junior is training whether on or off the water, they remain under the responsibility and duty of care of the person who is coaching them at that time. Outside the scheduled junior sessions, juniors and parent should be aware that the use of changing rooms is restricted to use of the accessible facilities only.
9. If a complaint is received about an incident that has occurred in the changing room between a member of the club and any other person, the club has a duty to act upon that concern as appropriate. If the incident involves a person not associated with the club, a club committee officer or member and/or coach should be made aware and consideration given as to whether the statutory agencies need informing.

## **LEICESTER ROWING CLUB GUIDANCE FOR THE USE OF CHANGING FACILITIES**

1. The changing facilities at LRC are to be shared by all members. In addition, during sessions shown on the Summer / Winter club timetable, they may also be used by Castle Mead Academy Rowing Club, Leicester University Boat Club, West End Runners and for visually impaired adults and juniors.
2. During Leicester Rowing Club Regatta, the facilities are also available for members of other clubs and the general public.
3. LRC has separate changing rooms (including toilets and showers) for men and women, and an accessible changing room.
4. The behaviour of members in changing rooms is part of the member's Code of Conduct .
5. All members should be aware of the session timetables (link) and observe the times for their appropriate session/s including the use of the changing rooms.
6. Juniors will have exclusive use of the changing rooms for 10 minutes prior to and after each Junior Session. The Junior Sessions will be agreed by the Committee for the Winter and Summer timetables respectively at the appropriate meeting. The junior sessions will be clearly marked on the boat book form. Adults must use only the accessible facilities during those times. A junior coach will ensure the signs on the doors during those times will be RED to show exclusive use by juniors.
7. Outside the session times, all boating by juniors and adults at risk, whether or not in club or private boats, must be entered on the Club boat booking form which is available for all members. Juniors and adults at risk are only permitted use of club facilities outside their allocated session times with the agreement of their coach. Outside the Junior Sessions, if a junior is using club facilities the changing rooms should not be shared, and juniors should use the accessible facilities.
8. The sessions for Castle Mead Rowing Academy and for Row the Rhythm will be shown on the boat booking form, and any member attending the club during those sessions should use the disabled facilities.
9. Coaches and responsible adults should ensure juniors are aware of their allocated times and supported in using appropriate facilities.
10. Parents / responsible adults should not be in the changing room whilst the children are changing. Where a junior is of an age where help is required from parents / responsible adult or if the junior requires additional specific assistance, the accessible facility should be used.
11. The changing rooms include lockers for use by all members.
12. Should there be a capsize, the crew from that boat takes priority over any use of the changing facilities regardless of the above. The accessible facilities will be available for use by the alternative age domain.
13. Filming or taking photographs is not permitted at any time in any of the changing rooms. Any member or parent/responsible adult doing so will be automatically subject to disciplinary procedures, and may be excluded from membership and the club.

### **Boat booking form:**

<https://docs.google.com/spreadsheets/d/1i8X5IXb3FNupUC3xaFtSigW8IBnE2Ce8uavtigx5Fwx/edi?t?gid=943932022#gid=943932022>

**Summer and Winter Timetable:** <https://www.leicester-rowing.co.uk/members-area/>